

The ingredients you will need:

4 large cloves of garlic

3-4 cm of ginger root or 2 tablespoons grated ginger

4 organic unpeeled lemons

water

Instructions:

First, wash and clean the lemons well and then cut them in slices.

Peel the garlic, and put it in a blender, together with the lemons and the ginger.

Blend until you get a homogeneous mixture.

If you do not like the taste, add some honey to sweeten it.

Then, add the mixture in a pan with water and boil it, while stirring frequently.

As soon as it boils, take it off heat and leave it to cool.

Then, strain and store it in a jar or a bottle.

Usage:

Take one glass of this phenomenal remedy on an empty stomach two hours before meals.

After three weeks, make a week break, and then repeat the treatment for three more weeks.

The positive effects of the treatment may be felt already after the first three weeks, you will be energized, refreshed and healthy.



